

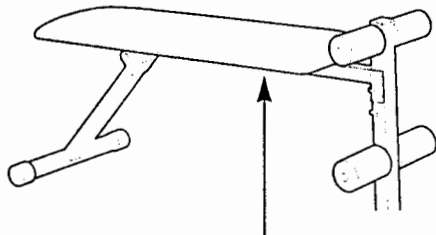
PRO

1200

Model No. WEBE12060

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal (under bench)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

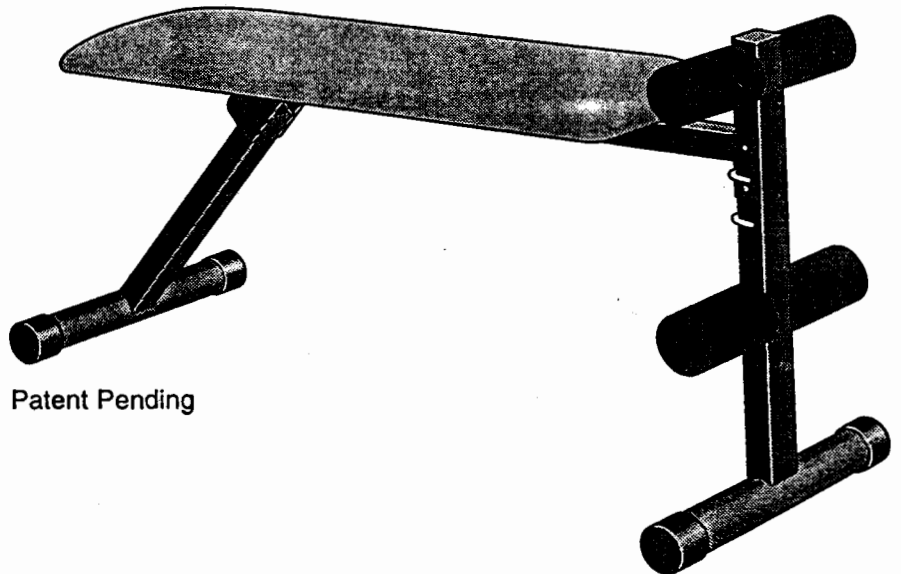
1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST

CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



Patent Pending

WEIDER®

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IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. Read all instructions in this manual before using the weight bench.
2. Use the weight bench only as described in this manual.
3. Use the weight bench only on a level surface. Cover the floor beneath the weight bench for protection.
4. Inspect and tighten all parts regularly. Replace any worn parts immediately.
5. Keep children under 12 and pets away from the weight bench at all times.
6. The weight bench does not include weights. The weight bench is designed to support a maximum of 250 pounds, including the user and weights.
7. Always wear athletic shoes for foot protection while exercising.
8. When using the weight bench, make sure that the lock pins are fully inserted and are turned to the locked position.
9. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
10. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
11. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

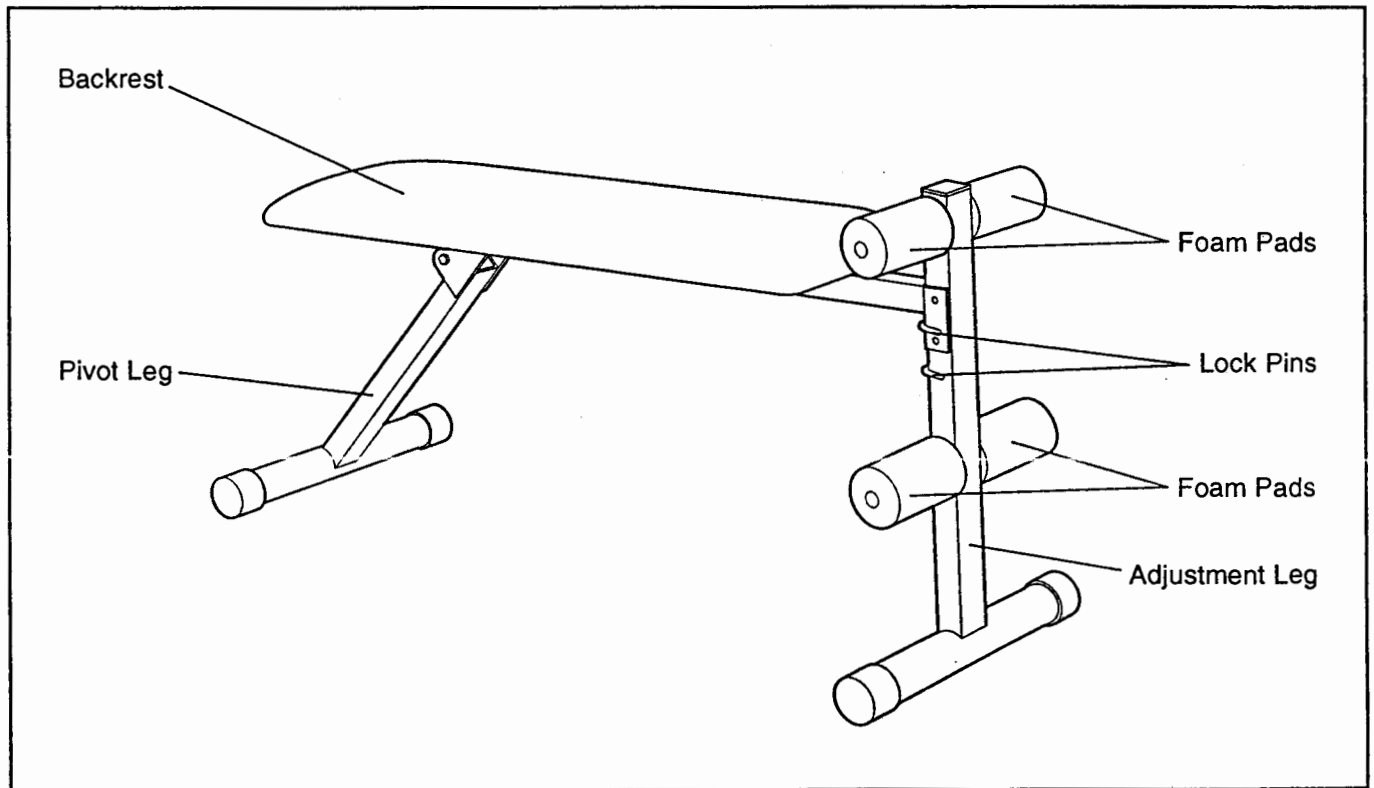
BEFORE YOU BEGIN

Thank you for selecting the WEIDER® PRO 120 Weight Bench. The PRO 120 Weight Bench is designed to be used with your own weights (not included) to develop several muscle groups. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the PRO 120 Weight Bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the WEIDER® PRO 120 Weight Bench. If you have additional questions, please call our Customer

Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WEBE12060. The serial number can be found on a decal attached to the PRO 120 Weight Bench (see the front cover of this manual).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.




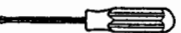
ASSEMBLY

Before beginning assembly, carefully read the following information and instructions:

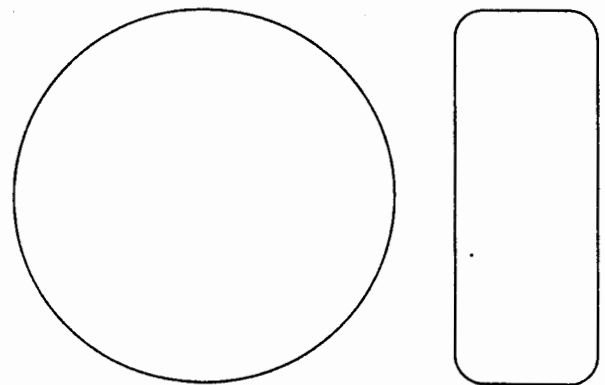
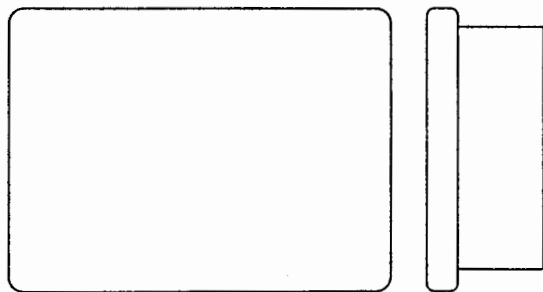
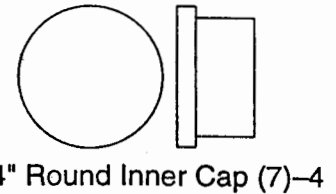
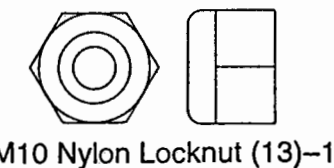
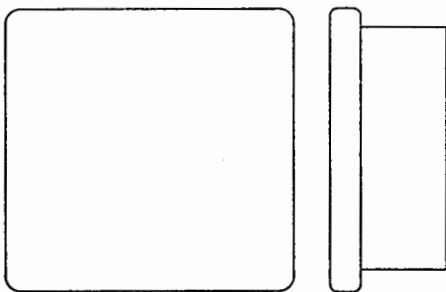
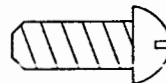
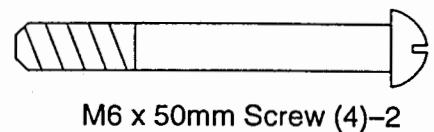
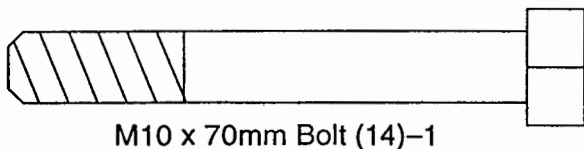
- Place all parts in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Read each assembly step before you begin.
- For help identifying the small parts used in assembly, use the **part identification chart** below. The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity needed for assembly. **Note: Some small parts may have been pre-attached for shipping purposes. If a part is not in the parts bag, check to see if it has been pre-attached.**

- Tighten all parts as you assemble them, unless instructed to do otherwise.
- During assembly, make sure that all parts are oriented as shown in the drawings.

THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:

- Two (2) adjustable wrenches 
- One (1) phillips screwdriver 

Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.



1. Before beginning assembly, be sure that you have read and understand the information on the previous page.

Press a 38mm x 38mm Inner Cap (16) into the end of the Frame (1). Press Two 50mm Round Outer Caps (9) onto the Adjustment Leg (3). Press a 38mm x 50mm Inner Cap (8) into the end of the Adjustment Leg.

Align the indicated holes in the Frame (1) and the Adjustment Leg (3). Attach the Adjustment Leg to the Frame with two Lock Pins (11).

2. Align the indicated holes. Attach the Pivot Leg (2) to the Frame (1) with the M10 x 70mm Bolt (14) and the M10 Nylon Locknut (13).

Secure the Pivot Leg (2) by inserting the "L" Pin (15) through the indicated hole in the Pivot Leg and the corresponding hole in the Frame (1).

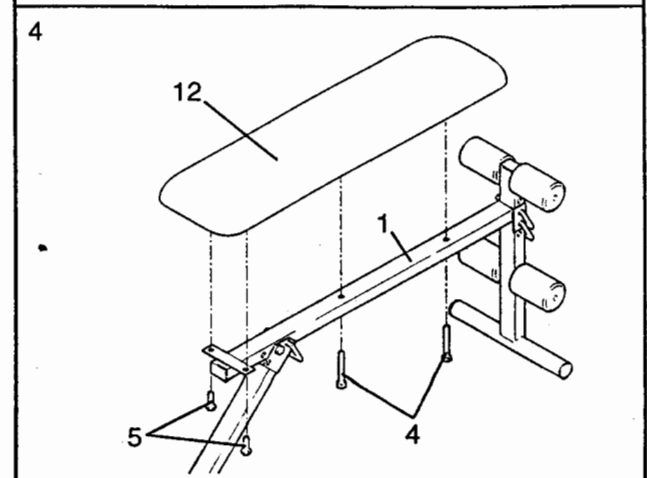
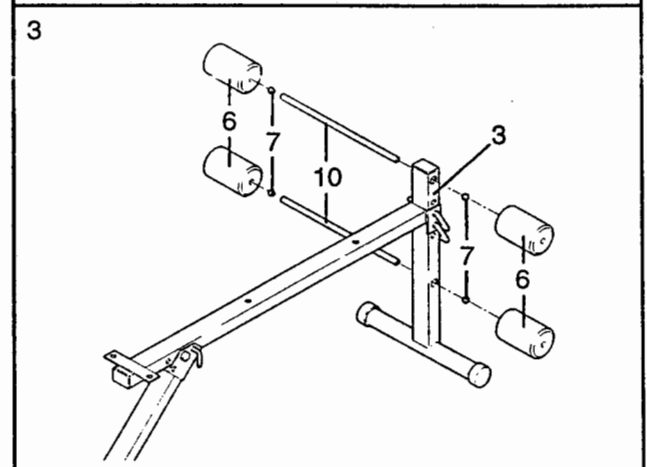
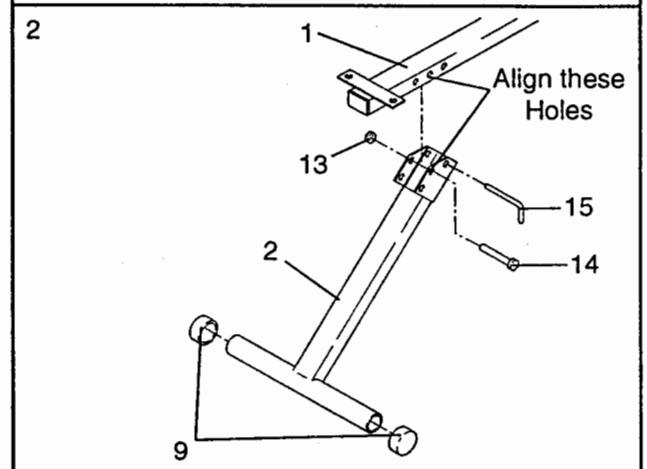
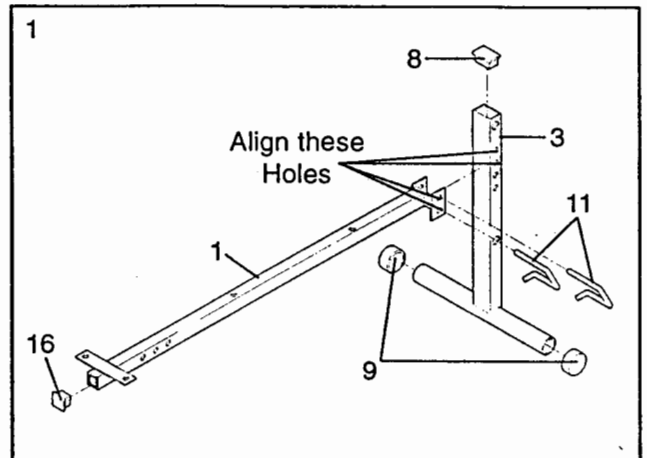
Press Two 50mm Round Outer Caps (9) onto the Pivot Leg (2).

3. Press 3/4" Round Inner Caps (7) into the ends of both Pad Tubes (10).

Insert the Pad Tubes (10) through the Adjustment Leg (3).

Slide Foam Pads (6) onto the ends of both Pad Tubes (10).

4. Attach the Bench (12) to the Frame (1) with two M6 x 50mm Screw (4) and two M6 x 16mm Screw (5).



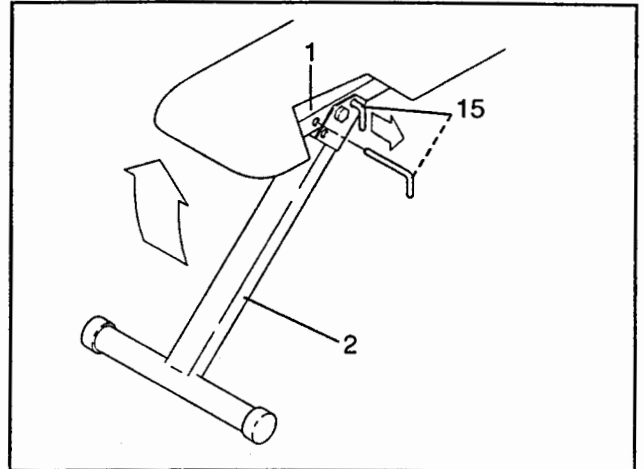
ADJUSTING THE WEIDER PRO 120

The weight bench is designed to be used with your own weights (not included). The steps below explain how the weight bench can be adjusted. Refer to the accompanying exercise poster for exercise information.

Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

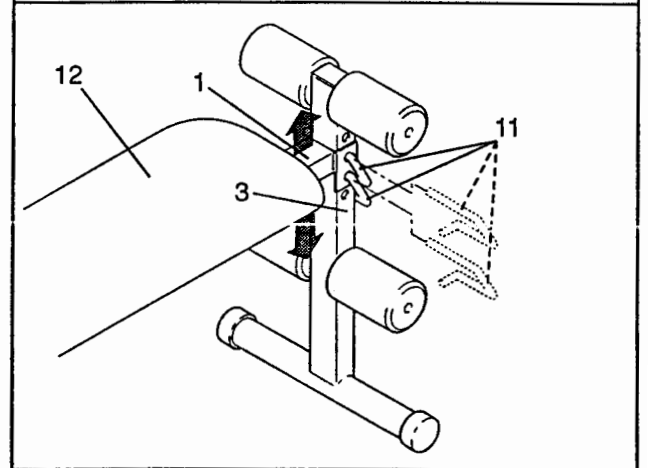
ADJUSTING THE PIVOT LEG

To change the position of the Pivot Leg (2), remove the "L" Pin (15). Align the other set of holes in the Pivot Leg and the Frame (1). Re-insert the "L" Pin.



ADJUSTING THE LEVEL OF THE BENCH

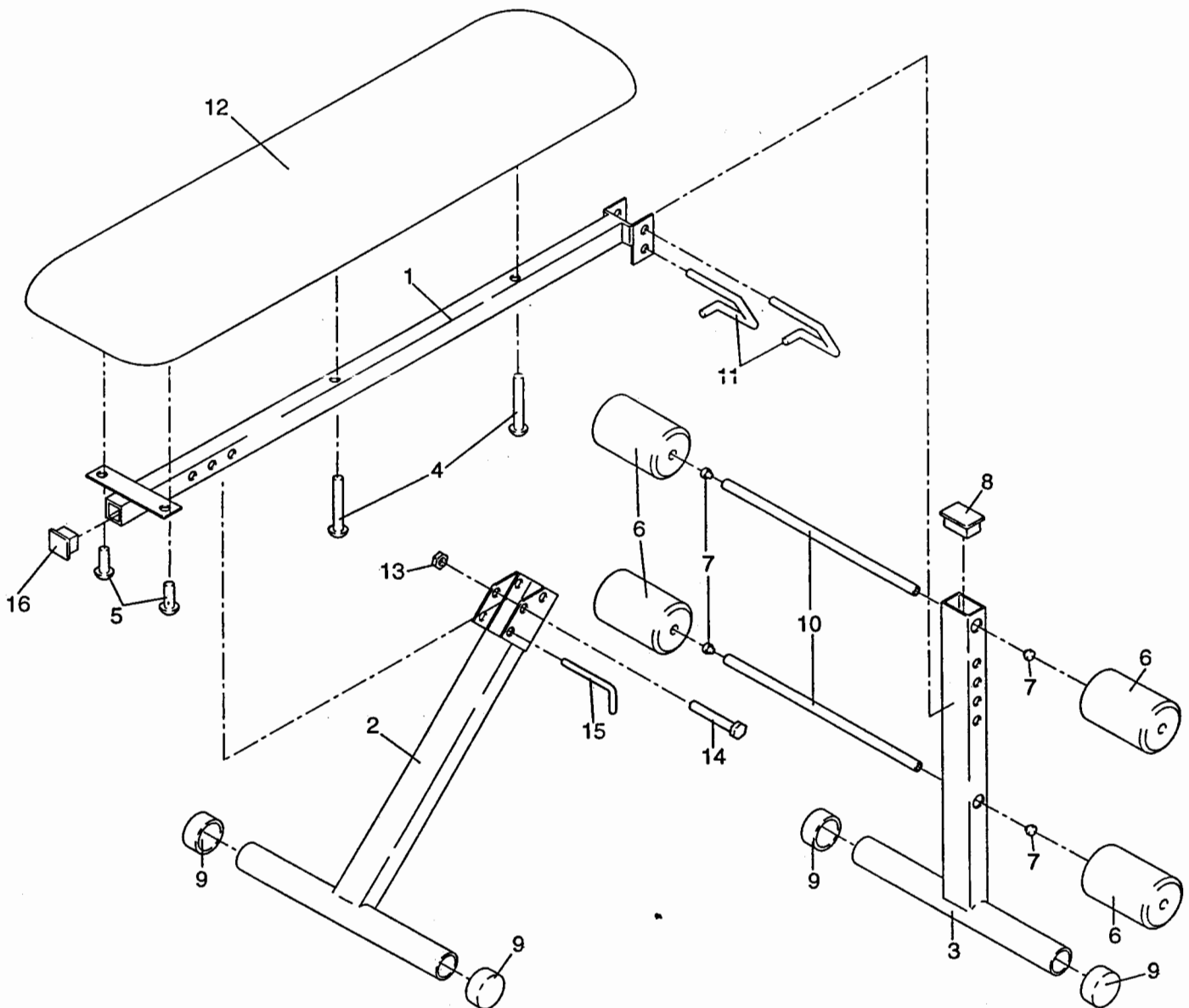
To change the level of the Bench (12), remove both Lock Pins (11) from the Frame (1) and Adjustment Leg (3). Align the set of holes in the Frame with another set of holes in the Adjustment Leg. Re-insert the Lock Pins. **Always use both Lock Pins.**



PART LIST and EXPLODED DRAWING—Model No. WEBE12060

R1297A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	10	2	Pad Tube
2	1	Pivot Leg	11	2	Lock Pin
3	1	Adjustment Leg	12	1	Bench
4	2	M6 x 50mm Screw	13	1	M10 Nylon Locknut
5	2	M6 x 16mm Screw	14	1	M10 x 70mm Bolt
6	4	Foam Pad	15	1	"L" Pin
7	4	3/4" Round Inner Cap	16	1	38mm x 38mm Inner Cap
8	1	38mm x 50mm Inner Cap	#	1	User's Manual
9	4	50mm Round Outer Cap	#	1	Exercise Poster



Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

1. The MODEL NUMBER of the product (WEBE12060).
2. The NAME of the product (WEIDER® PRO 120 Weight Bench).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the desired part(s) (see page 7 of this manual).

WEIDER® is a registered trademark of ICON Health & Fitness, Inc.

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813